

Restructuring Our Public Service System

Envisioning the Possibilities through Self-Determination, Empowerment and Recovery

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“True hope is swift, and flies
with swallow's wings;
Kings it makes gods, and meaner
creatures kings.”

- William Shakespeare
in *"King Richard III", Act 5 scene 2*

“Hope is the thing with feathers
That perches in the soul.
And sings the tune
Without the words,
and never stops at all.”

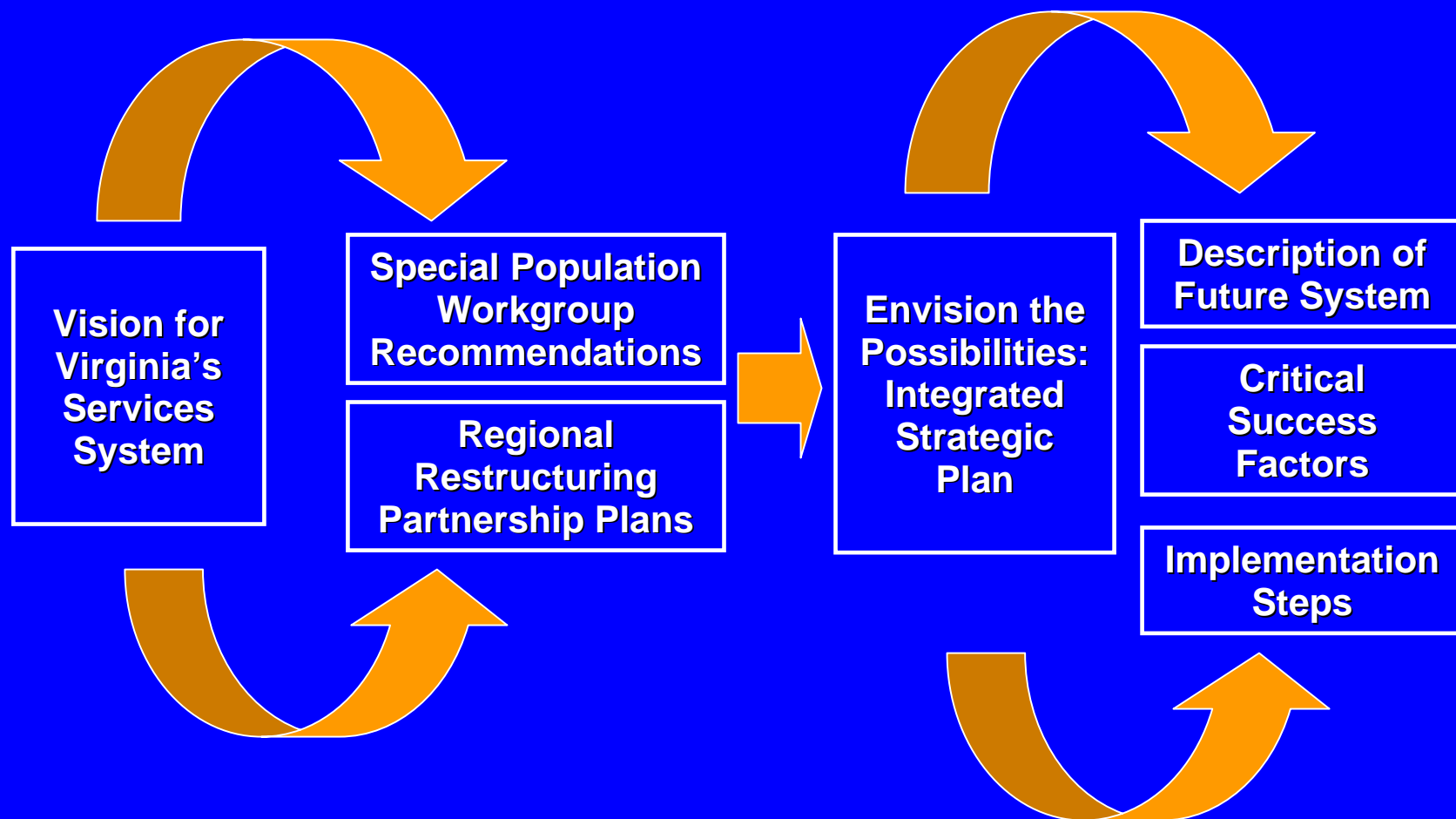
- Emily Dickinson

- **Hope**: the individual's belief that recovery is possible
- Attitudinal components of **Hope** are:
 - Recognizing, accepting that there is a problem
 - Committing to change
 - Focusing on strengths rather than on weakness or possibility of failure
 - Looking forward rather than ruminating on past
 - Celebrating small victories
 - Reordering priorities
 - Cultivating optimism

(Jacobson and Greeley)

- **Empowerment:** a corrective for the lack of control and dependency that many consumers [and providers] develop after long-term interactions with the mental health system
- 3 Components
 - Autonomy
 - Knowledge
 - Self-confidence
 - Availability of meaningful choices
 - Courage
 - Willingness to take risks
 - To speak in one's own voice
 - To step out of safe routines
 - Responsibility

Restructuring Virginia's MH, MR, and SA Services System



Integrated Strategic Plan Development Steps

- Feedback on the Vision and Future Services System Description
 - RPAC
 - Regional Partnerships
 - Governor's Conference
 - Special Populations Workgroups
- Exposure Draft of Integrated Strategic Plan's System Description and Critical Success Factors Completed in Early 2005.
- Detailed Action Steps for Implementation by Late Summer, 2005.
- Public Process for Comment on the Draft Integrated Strategic Plan.
- Publish the Integrated Strategic Plan and Comprehensive State Plan by Fall, 2005.
- Incorporate Action Steps in 2006 Legislative and Budget Proposals.

Vision for Virginia's MH, MR, and SA Services System

Our Vision is of a community-based system of services and supports that promotes self-determination, empowerment, recovery, resilience, health, and the highest possible level of consumer participation in work, relationships, and all aspects of community life.

**Envision the Possibilities:
Integrated Strategic Plan for Virginia's MH, MR, and SA
Services System**

Proposed Outline

Vision

**Description of a Community-Based Services
System**

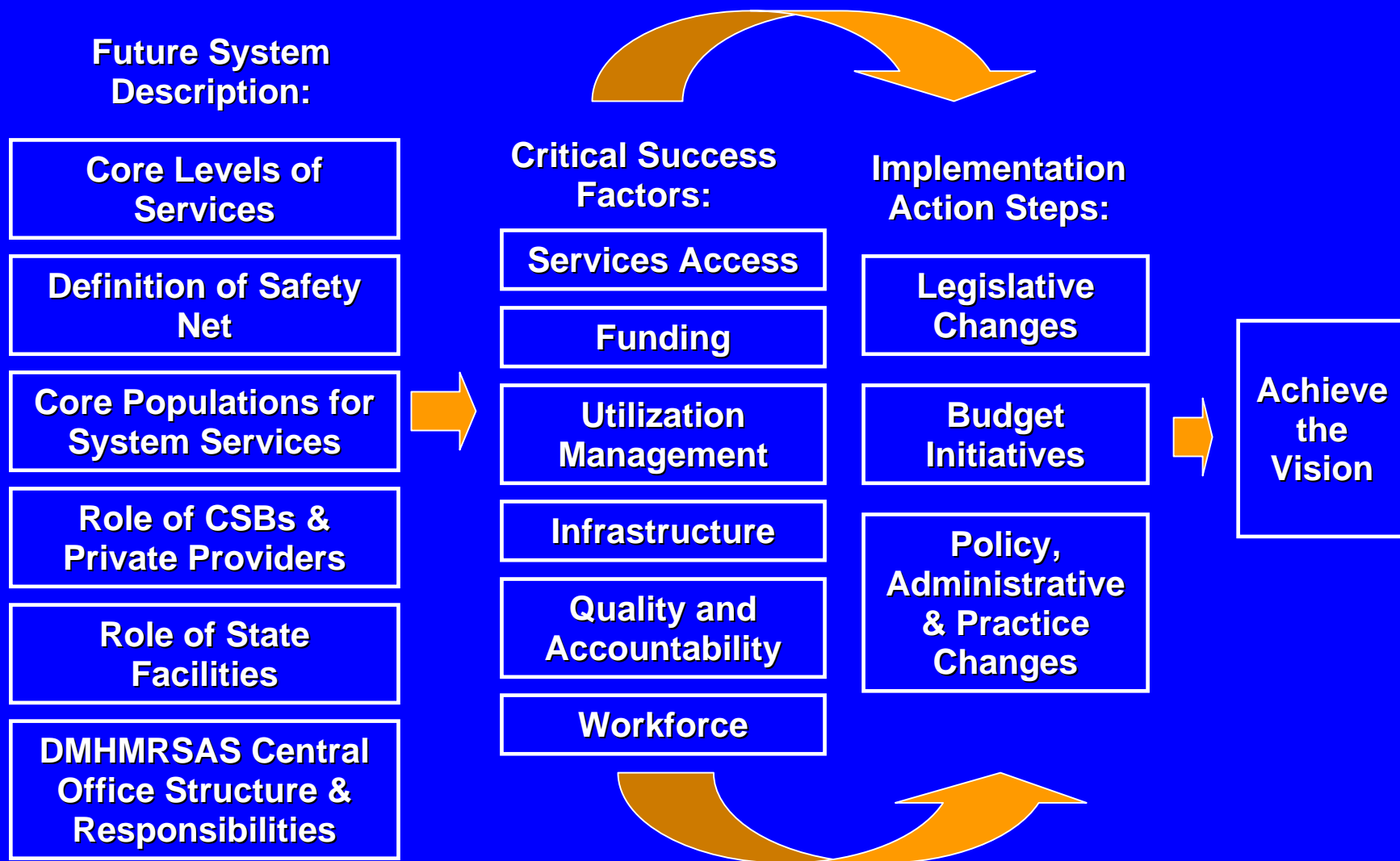
Critical Success Factors

**Strategic Initiatives/Actions for Each Critical
Success Factor**

Description of the Future Community-Based System – Initial Thoughts on Critical Success Factors

- **Services Access**
- **Funding**
- **Utilization Management**
- **Infrastructure**
- **Quality and Accountability**
- **Workforce**

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“Patient Aggression”

*

“Tempered Radical”

“Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.”

- Vaclav Havel, Czech playwright and President